

CLAIMS

Therefore, having thus described the invention, at least the following is claimed:

1. A self massage device comprising:
 - a base having a top surface and a bottom surface, said base being substantially rigid and adapted to withstand pressure applied thereto;
 - a massage member having a substantially ellipsoid arc shape and being fixed to said top surface of said base and extending therefrom, said massage member being substantially rigid and adapted to withstand pressure applied thereagainst, said massage member being substantially narrow at an apex portion of said ellipsoid arc shape such as to engage and manipulate a muscle; and
 - a mounting member fixed to said bottom surface of said base and extending therefrom, said mounting member being adapted to support said base and said massage member while pressure is applied thereto.
2. The self massage device of claim 1, wherein said base is substantially kidney-shaped.
3. The self massage device of claim 1, wherein said base is substantially planar.
4. The self massage device of claim 1, wherein said base comprises a substantially rigid material.

1 5. The self massage device of claim 1, wherein said massage member comprises a
2 substantially elliptical arc, said substantially arcuately shaped outer surface being at least a
3 portion of said massage member.

1 6. The self massage device of claim 5, wherein said massage member is a
2 substantially solid and planar member.

1 7. The self massage device of claim 5, wherein said massage member comprises a
2 substantially circular cross-section.

1 8. The self massage device of claim 1, wherein said massage member further
2 comprises:
3 a pair of massage members each having a longitudinal axis, said pair of massage
4 members disposed on said top surface and extending away therefrom such that said
5 longitudinal axis of said pair of massage member are arranged in a substantially V-shape
6 configuration.

1 9. The self massage device of claim 1, wherein said massage member comprises a
2 substantially rigid material.

1 10. The self massage device of claim 1, wherein said massage member is pivotally
2 fixed to said base.

1 11. The self massage device of claim 1, wherein said mounting member comprises a
2 suction cup.

1 12. The self massage device of claim 1, wherein said mounting member comprises a
2 strap being sized adjustable and arranged and configured to releasably receive a portion of
3 a chair.

1 13. The self massage device of claim 1, wherein said mounting member further
2 comprises:

3 a mounting aperture disposed through said base of the device;

4 a track having a length and a track aperture disposed therethrough along said
5 length; and

6 a pin arranged and configured to engage said mounting aperture and said track
7 aperture disposed through said track;

8 wherein said self massage device is mounted on said track when said mounting
9 aperture and said track aperture is aligned and said pin is disposed therethrough.

1 14. The self massage device of claim 1, wherein said track comprises a plurality of
2 track apertures disposed threrethrough.

- 1 15. A method of administering self massage comprising the steps of:
2 orienting a self massage device to accommodate muscles desired to be massaged;
3 mounting said self massage device;
4 leaning against said self massage device and applying pressure at a desired
5 message point; and
6 moving against said self massage device to massage muscles as desired.

- 1 16. The method of claim 15, wherein said step of mounting said self massage device
2 comprises mounting said device on a substantially planar surface in a substantially
3 vertical position.

- 1 17. The method of claim 15, wherein said step of mounting said self massage device
2 comprises mounting said device on a chair in a substantially vertical position.

- 1 18. A self massage device comprising:
2 a massage means for manipulating muscle tissue, said massage means being
3 substantially rigid;
4 a support means for supporting said massage means, said support means being
5 substantially rigid;
6 a mounting means for mounting said self massage device in a substantially
7 stationary manner, said mounting means being fixed to said support means.



- 1 19. A self massage device comprising:
2 a base having a top surface and a bottom surface;
3 a pair of massage members fixed to said top surface of said base and extending
4 therefrom, said massage member comprising a member having a substantially circular
5 cross-section and formed in a substantially elliptical arch, wherein said massage members
6 form a V-shape having a space therebetween at an apex of the V-shape;
7 a plurality of suction cups disposed on said bottom surface of said base and
8 extending therefrom, wherein said suction cups are arranged and configured to mount the
9 self massage device on a substantially planar, non-porous surface.

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